



Health Education - A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

Physical Education – A program that can serve as a means for maintaining cardiovascular and respiratory efficiency, as well as method of self expression, stress relief, and social development.

Health Services - Promote the health of students through prevention, case finding, early intervention, and remediation of specific health problems.

Nutrition Services - School nutrition that not only provides breakfast and lunch as indicated, but supports the nutrition education program to help students learn how to select nutritionally appropriate foods.

Psychological Services - School Counseling, Psychological and Social Services capable of intervening in areas of assertiveness training, life skills training, peer interaction, problem solving, self esteem, and adolescent rebellion.

Healthy School Environment -The school health environment focusing on both physiological and psychological surroundings in which students and school personnel are expected to work.

Staff Health Promotion – School site health promotion to support educators and staff that become interested in improving their own health, thus becoming powerful role models.

Parent & Community –School and parent/community involvement that establishes and promotes collaborative efforts not only within school but with parents, business, and others interested in the health outcomes of students.